

# Safe Sleep for Your Baby

The safest place for a baby to sleep is in the same room with a parent or caregiver, on a separate sleep surface, such as a safety-approved crib, bassinet, or playpen.

It is recommended that babies are always placed on their backs to sleep, even for naps. Babies are placed on their tummies only when awake and supervised by a responsible caregiver.

To prevent overheating, babies should sleep in lightweight clothing, and the room should be kept at a temperature comfortable for an adult.

***A safe sleep environment is important!  
In Arizona, 77 babies died in unsafe sleeping environments during 2009.***

- 43 babies died while sleeping in adult beds
- 36 babies died while sleeping on their sides or stomachs
- 34 babies died while sleeping in the same bed with adults and/or other children
- 3 babies died while sleeping in car seats or strollers



## **Check out these national resources for more information:**

- Cribs for Kids ([www.cribsforkids.org](http://www.cribsforkids.org))
- Keeping Babies Safe ([www.keepingbabiesafe.org](http://www.keepingbabiesafe.org))
- U.S. Consumer Product Safety Commission: Crib Information Center ([www.cpsc.gov/cribs.html](http://www.cpsc.gov/cribs.html))

## **Safe Sleep Checklist for Caregivers:**

My baby:

- ◇ Sleeps alone in a crib, bassinet, or playpen
- ◇ Is placed to sleep on her back
- ◇ Sleeps in a crib without extra bedding or toys. This includes pillows, blankets, comforters, sleep positioners, stuffed toys, or other soft objects in the crib with the baby
- ◇ Sleeps on a tightly fitted sheet over a firm mattress that fits tightly into the crib
- ◇ Her face is not covered during sleep
- ◇ Cribs are placed away from windows
- ◇ Sleeps and lives in a smoke-free environment

Visit [www.azdhs.gov/phs/owch/uid.htm](http://www.azdhs.gov/phs/owch/uid.htm) for additional information about safe sleep for your baby.

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*Leadership for a Healthy Arizona*

